



**KING OF PIGS
SERVES MORE
THAN PORK RIBS
LUNCH RUSH** {page 10}



BABY MAKES THREE
DUFF AND HUBBY,
CANADIAN MIKE
COMRIE, EXPECT
FIRST CHILD {page 8}



LONDON

metro®

Tuesday, August 16, 2011
www.metronews.ca



News worth sharing.



► Jamie Sammut (@RestosLdnOnt) has taken his job search high tech. Close to losing his home, the 32-year-old London man created the hashtag #HireJamie over the weekend and has been getting a lot of attention on the web.

ANGELA MULLINS/FOR METRO

Transit feature

Be nice to your driver

► Rude passengers can ruin a driver's day
► Safety must always take priority {page 3}

Films face off

Seeing double?
When studios release similar features {page 7}



Shawn Tompkins passes away

MMA coach and London native was a mentor to many {page 14}

Bring on the taxes: Buffett

Billionaire says rich Americans should not be 'coddled' by low rates {page 5}

Self-promotion 2.0

► #HireJamie was trending in London yesterday afternoon ► 'I'm willing to wait for what I want this time,' says the marketing grad ► 'If I lose my home because of it, so be it'

It's a whole new way to pound the pavement.

A London man has taken to Twitter — vigorously — to find a job.

"I've been out of work for 10 months, so I've gone to Twitter to escalate the process because I'm actually close to losing my home in a few weeks," said Jamie Sammut (@RestosLdnOnt).

"I believe in Twitter. I know the power of Twitter. And I decided this is the time to get on it, right now."

Using the hashtag #HireJamie, Sammut has been marketing himself 140 charac-

"People have been telling me it's not possible, but I want to go to a job that I love every day."

JAMIE SAMMUT

ters at a time.

The Fanshawe marketing grad launched his publicity campaign late Friday afternoon, but yesterday at 10 a.m., he really stepped it up.

"I don't know the exact number," Sammut said about the Twitter response. "Between the direct messages, the mentions

and the retweets, there's a lot.

"I think it's going to work. It may not happen in the next two weeks, but I hope it does. There's great people out there helping me."

As for traditional methods of looking for work, Sammut is skeptical. Seriously, who reads every email?

"I'm like everyone else — online, talking to people, sending your resumé through email, following up — I don't even know if 90 per cent are even seen," said Sammut. "You follow up and they say, 'Yeah I got it.' But it doesn't mean they actual-

ly took a look at it."

Sammut's last job was as a marketing manager at a London health and safety company. He left that gig because it wasn't "the right situation" for him.

The single 32-year-old wants to stay in London. His first choice is to work in marketing for a nonprofit organization.

"I really want to help out with society," said Sammut, who also writes online restaurant reviews. "I know that's kind of a cliché thing to say, but I would prefer my life to have some sort of meaning when I go to work every day." ● JIM REYNO

1

news



London's thrice-delayed organic-waste program could be put on the back burner until 2013. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at
metronews.ca

Stock markets have been a wild ride recently, but that's no reason to run from it. Allan Small has more at metronews.ca/investing

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Railton Avenue slaying shocks residents

- Duy Van Nguyen's death ruled third homicide of year
- Neighbours say family was easy to get along with and quiet



ANGELA MULLINS
LONDON@METRONews.CA

Mike Bowie spent much of Friday evening working outside his home at 902 Railton Ave.

For the most part the evening was ordinary, said Bowie, 46. That meant there wasn't much happening, he said.

"You could hear a pin drop. It's dead quiet."

The sound of a police cruiser roaring down the street and screeching to a halt outside 921 Railton broke the silence at about 8:20 p.m.

"I don't think (the officer) hardly had it in park before he hopped out," Bowie said, adding that the officer ran to the front door with a hand on his gun holster.

A young woman met the officer at the door, screaming and cradling a baby in her arms, Bowie said. In what seemed like seconds, the street filled with police and EMS crews.

Inside, police found Duy Van Nguyen, 31, dead. They say they are investigating London's third homicide of the year. Few details have been released and no one has been arrested.

"Our investigation is still unfolding," police Const. Dennis Rivest said yesterday.

Many people living on or near the avenue were



► An investigator carries evidence out of 921 Railton Ave. yesterday. Duy Van Nguyen was found dead inside the house on Friday.



► Duy Van Nguyen

shocked and perplexed.

"This neighbourhood, nothing happens," said Kamal Sabir, 29, who has lived at 910 Railton for about six years.

It's the kind of subdivi-

sion where people cook for one another and volunteer to help with yard work.

Nguyen, who neighbours said was mentally disabled, lived at home with his parents and a sibling. He frequently walked around outside the family home, waving at people who passed, saying hello and commenting on the weather.

Many were familiar with Nguyen's regular trips to the mailbox.

"He'd grab his dad's keys

and skip down the sidewalk," Bowie said. "He was just happy-go-lucky. Pleasant. Always smiling."

How to help

► Police are asking anyone who saw Duy Van Nguyen or any suspicious activity near his home at 921 Railton Ave. to call (519) 661-5670 or Crime Stoppers at (800) 222-8477. Tips also may be submitted at londoncrimestoppers.com.

Tree challenge wins prize

London's Million Tree Challenge has received a \$27,500 boost.

The ReForest London initiative won the cash by getting more votes — 3,222 — than 19 other projects in an online competition sponsored by Fido and Evergreen, a national charity working to make cities more livable.

ReForest London said the cash will be used for 2012 spring planting.

The Million Tree Challenge started July 17. It aims to inspire residents to plant one million trees over the next 10 years. About 3,000 trees have been planted so far.

● ANGELA MULLINS

Exchange chance for students

If you're a high school student interested in a year abroad on exchange, you should consider the Rotary Youth Exchange Program.

Each year, rotary clubs in London sponsor several local students who travel to one of 40 countries. Students live with rotary-approved host families, go to school and learn about local language and culture.

There are no housing costs, but students pay for their travel and personal spending. Contact Randy Harden (rharden@uniserve.com) or Michele Parkin (michelemparkin@gmail.com) for more information. ● METRO

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UNTREATED

TREATED



..... **TRANSIT IN THE CITY**

Drivers, riders chime in

Ever show up late to work because your train broke down? Or forked over a small fortune to ride a cab home because you missed the last bus? It looks like you're not alone. From tardy service to illegible timetables, Metro readers from coast to coast shared their beefs — and praises — with transit in their city. Here's what you had to say ...

Operators have their say on job woes

Sure, riding the bus can sometimes be frustrating, but driving a bus can be just as trying on the nerves, according to bus drivers across the country.

Gavin Davies, who has been driving a bus in the Vancouver area for more than 20 years, said he often has to deal with "inconsiderate" riders while trying to keep focused on the road.

Toronto Transit Commission driver Sherry Newton has had her share of people yell at her for not pulling over once she'd pulled away from a stop.

"People yell and scream at you for not stopping to pick them up," she said. "What they don't know is that it's (a safety) policy."

Wayne Slawter, a 13-year veteran bus driver in Halifax, said one negative passenger experience can ruin

a driver's day.

"You have some days where, in all reality, the public is just not very nice to you, and sometimes you might get a little down from it," he said.

According to Angelo Da Silva, an Edmonton bus driver, patience is the key to staying calm and happy on the job.

"If you don't have patience, you're not cut out for driving (for a living)," he said with a laugh.

TERRIS SCHNEIDER IN VANCOUVER, **PHOEBE HO** IN TORONTO, **HEATHER MCINTYRE** IN EDMONTON, **RACHEL WARD** IN HALIFAX.

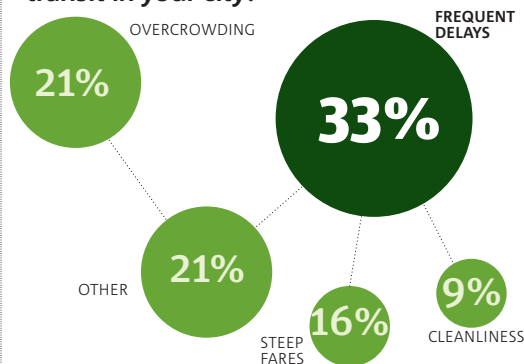
Coming up next

Grab a copy of Metro tomorrow for the final instalment of our three-part transit series.



▶ A passenger boards a London Transit Commission bus at the intersection of Richmond and Dundas streets, one of the busiest intersections in the city.

What's your biggest complaint about transit in your city?



Your take ...

RATE YOUR SYSTEM

Check out our online poll and rate your city's transit customer service system. Visit metronews.ca. Poll results will be printed in tomorrow's edition.

BUILD YOUR IDEAL SYSTEM

If you had the power to change your city's transit system, what would you do? Create 24-hour service? Put debit machines on buses? Email us at londonletters@metronews.ca or send us a message on Twitter @themetrolondon. The best answers will be printed in tomorrow's edition. ● METRO

On social media

What transit changes would you like to see?

TWITTER:

@dereksilva: I'd like to see light rail or express buses to connect the rest of the County to the City

@cwatca: When I went to Hong Kong I went on the bus a few times they had the electronic payment system and it was neat

@RickCarroll: Schedules posted at more bus stop

@Evolving: @themetrolondon

london To start a campaign called #MoveOver for those people who like to take up 2 seats. #p

@bwatts_13: @themetrolondon Light rail rather than buses downtown.

@NoIAmChuck: New commission. All current members have made statements about dislike for LTC, and that they don't care for it. Ask them.

@craighunter_: Refunds for late buses (15 mins) to student and pass holders. It's done in many cities worldwide for bus and subway.

@jordan_102: transit urgently needs express buses. Service should appeal to those who COULD take transit not only those who must

@BHRaymond: Wi-Fi would be wonderful for many who ride the LTC.

@JEGonc: the LTC needs to develop a farecard for casual users that can be reloaded at various city points.

@Dan_ONeail: would like to see transit that reflects a city that's still awake and working after midnight and before 6 am.

@Canucklehead_ca: re: #ldnont's transit system — Am I the only one thinking monorail? Hello? Is this thing on? MONORAIL — CATCH THE FEVER!

FACEBOOK:

Brian Gibson: More buses on the road, especially on Sundays/holidays (shorter wait times), longer hours, more routes.

Right now, certain routes (particularly the 17 Oxford) have very long wait times — for the 17, it is usually half an hour; on Sundays/holidays there is one bus every hour.

Despite the growth in our city, the transit system is getting a small percentage of

the funds it needs each year to meet that growth and better serve the existing population. Despite rising gas prices and more people trying to avoid using cars, the city is still serving the population that drives first and foremost, and those that walk/bike/bus barely at all. We have many bike lanes that exist for a block or two before stopping — one on Second below Oxford vanishes halfway to Dundas Street.

The city points to lack of

use as a reason not to put more money into the public transit system. I hope to see more funds allocated to London's transit — I believe more people will use it if it became more user-friendly.

Manjula Siriwardhana: If LTC can schedule at least 2-3 buses on Sundays to the routes where there is no bus on Sunday, that would be great (ex: Windermere 32). It need not necessarily be the same regular schedule.

Brian Raymond: An easier way to find real-time schedules.

Josh Alessandro: A depot downtown to avoid the headache that is Dundas and Richmond. Also light rail on Richmond running up to UWO. The City of London and the LTC really need to catch up and get into the 21st century.

Ann Moore: The ability to get to work.

Violent end to a notorious life

► Jonathan Bacon shooting in B.C. illustrates vicious cycle of drug trade ► Expert doubts shooters will be caught

MATT KIELTYKA
@METRONEWS.CA
METRO CANADA IN VANCOUVER

With the brazen daytime murder of Jonathan Bacon, British Columbians got a vivid and disturbing glimpse of how the crime world operates.

Kelowna RCMP confirmed yesterday the man killed in a targeted hit outside a hotel Sunday was the alleged Red Scorpion gang member, the oldest of three siblings all believed to be players in B.C.'s Lower Mainland criminal scene.

Three other people in a car with Bacon, 30, were injured: A male Hells Angels member now in critical condition and two women expected to recover.

One other victim fled

the scene after the shooting and has yet to be located.

Rob Gordon, the head of criminology at Simon Fraser University, said the high-profile incident should come as no surprise.

"(Bacon) has created a lot of enemies and this is how gang members settle disputes. They don't use lawyers or a courtroom, they do it on the street," Gordon said.

Mounties are trying to hunt down the shooters — clad in all black clothing and masks — but Gordon doesn't believe the triggermen will be found.

"They were probably contracted and have gone back across the (U.S.) border. I don't think they'll be identified," he said. "The focus now will be on who is behind the whole thing."



► Police tape seals off a downtown Kelowna, B.C., street corner at the scene of a multiple shooting on Sunday.

No leeway for judges on mandatory sentences

Canada's judges will get no leeway on mandatory minimum sentences as Ottawa proceeds with its anti-crime agenda during the fall session of Parliament, Justice Minister Rob Nicholson said yesterday.

A resolution passed by the Canadian Bar Association in Halifax during its annual conference says judges should have more discretion in cases where there could be an injustice by use of a mandatory minimum sentence.

But Nicholson told the association that the gov-

ernment is "comfortable" with current sentencing guidelines.

"There are a number of mandatory minimum sentences ... and I would suggest to you that the ones that we have introduced are reasonable and appropriate," Nicholson said, adding that sentencing guidelines allow judges to use discretion when delivering sentences.

Nicholson said the public gave the government a mandate to proceed based on an omnibus crime bill that was introduced but



► Justice Minister Rob Nicholson takes questions after addressing the Canadian Bar Association's annual conference in Halifax on Monday.

not passed before the May 2 federal election. The proposed legislation contained a number of new provisions, including new minimum and maximum guidelines for organized drug crime and for sexual predators.

The governing Tories are expected to reintroduce the legislation in the fall.

"I think a reasonable analysis of what we have done in the area of mandatory sentencing will stand up to public scrutiny," Nicholson said.

THE CANADIAN PRESS

Exemption

► The Canadian Bar Association is seeking a legal exemption from mandatory minimum sentences for exceptional cases, such as those suffering from permanent brain injury or the mentally ill.

► Other countries with mandatory minimum sentences have adopted such a measure, including the United States, United Kingdom, South Africa and Australia.

Mayor rips Tories in asbestos dispute

The mayor of Sarnia has written a letter to the Conservative Party of Canada, accusing it of "shameful" behaviour.

He's reacting to news that the Conservative party is involved in a dispute with the widow of an

asbestos victim.

The woman, Michaela Keyserlingk, was sent a threatening email from a top Tory official who warned her to stop using the party's trademarked logo in her anti-asbestos ad campaign. **THE CANADIAN PRESS**

Dad to stay in custody after attack

A man charged with attempted murder after allegedly slashing his 11-month-old son will remain in custody while a court determines if he needs a psychiatric assessment.

The 32-year-old man, who cannot be named to protect the identity of the child, was charged after police responded to a 911 call at a home in southeast Calgary early Saturday.

Police have said officers found an "angry and agitated" man and a baby inside the home. The child had been slashed several times on the neck and the abdomen with a kitchen knife. **THE CANADIAN PRESS**

Forces returning to royal roots: Reports

Two divisions of Canada's armed forces are being rechristened with the names they held for the better part of the first half of the 20th century, media reports said yesterday.

The Department of National Defence refused to

discuss reports that the air and maritime divisions will be known as the Royal Canadian Navy and the Royal Canadian Air Force.

Defence Minister Peter MacKay is slated to make an announcement in Halifax today. **THE CANADIAN PRESS**

Tax the rich: Buffett

► Stop coddling us, billionaire says

Billionaire investor Warren Buffett is calling on the so-called "mega-rich" to pay more in taxes.

Buffett said yesterday in a New York Times opinion piece that he would immediately raise rates on households with taxable income of more than

\$1 million US, and he would add an additional increase for those making \$10 million US or more.

He also recommends that the 12 members of Congress charged with devising a deficit-cutting plan leave rates for 99.7 per cent of taxpayers



► Warren Buffett

unchanged.

"My friends and I have been coddled long enough by a billionaire-friendly Congress," Buffett wrote. "It's time for our government to get serious about shared

"People invest to make money, and potential taxes have never scared them off."

WARREN BUFFETT, BILLIONAIRE INVESTOR

sacrifice."

Buffett noted that the mega-rich pay income taxes at a rate of 15 per cent on most investment income but practically nothing in payroll taxes. The middle class, meanwhile, typically falls into the 15 per cent and 25 per cent income tax brackets and is hit with heavy payroll taxes. He said Washington legislators "feel compelled to protect us, much as if we were spotted owls or some other

endangered species."

Buffett said he knows many of the mega-rich well, and most wouldn't mind paying more in taxes, especially when so many fellow citizens are suffering.

He also said he has yet to see anyone shy away from investments because of tax rates on potential gains, even when rates were much higher in the mid-1970s, 1980s and 1990s.

THE ASSOCIATED PRESS

Market moment

TSX

↑
+ 141.42
(12,683.61)

Dollar

↑
+ 1.11¢
(102.05¢ US)

Oil

↑
+ \$2.50 US
(\$87.88 US)

Natural gas
1,000 cu ft
\$3.973
(-9.0¢)
Gold
contracts
\$1,758.00
(+ \$15.40)



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ADULTHOOD: ARE WE THERE YET?

SHE SAYS ...

JESSICA NAPIER
METRO



Tomorrow is my 26th birthday. I am officially entering the early stages of my late 20s and I'm not having a panic attack about it ... surprisingly. I remember when

26 seemed impossibly old, the way 35 seems to me right now I guess, but now I've really started getting comfortable in my quarter-life status.

The days of looking forward to age-specific birthdays as they relate to laws — driving, voting, gambling, drinking — are long gone as all of the milestones start to blend together. When people ask, "How old are you?" I often answer incorrectly, not because I'm embarrassed but because I really cannot remember — another sign of just how much I've settled into being a "20-something" rather than a specific number.

When I look in the mirror I don't feel old and yet, when I revisit photo albums from a mere three or four

years ago, I am flabbergasted at just how young I looked. Even if I could kid myself into thinking I was still a youthful 22-year-old, there's always someone there to remind me that I most certainly am not.

Last weekend I was at a department store buying overpriced face wash (I grew out of my Neutrogena years a long time ago) when the saleswoman at the cosmetic counter inquired about my anti-aging skin-care regime.

"Purely preventative, of course," she said, eyeing my apparently not-so-smooth complexion. I spent that afternoon surveying the landscape of my face: A little sun damage but no discernable wrinkles to date — although maybe I should

give up frowning just in case.

But it's not just the physical changes that have me feeling like I'm getting on in years.

All of my peers in the 25-to-30 age bracket seem to make a habit of complaining about just how ancient we've gotten. We whine sardonically about being "too old" for stuff that we still do on a regular basis. We're too old to host keg parties, too old to live in a basement apartment, too old to wear five-inch heels, too old to be waking up in a stranger's bed, too old to go back to school and so on.

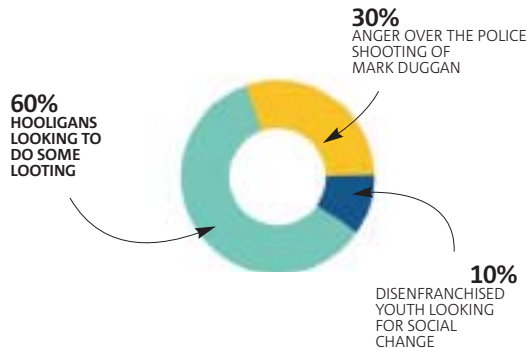
And herein lays the irony of mid-20s limbo: Old enough to know better but immature enough to do it anyway. We're almost grownups, but we're not quite there yet.

Read more of Jessica Napier's columns at metronews.ca/shesays



Register at
metropolitanpanel.ca
and take the quick poll

What is really behind the London riots?



Letters

SEX SHOW. I am writing this letter to express my outrage and disgust at recent events regarding the Everything to do With Sex Show. As a longtime patron of this expo, I was not only surprised to learn of the events surrounding the cancellation of the event, but also the bigger issues going on around it as well.

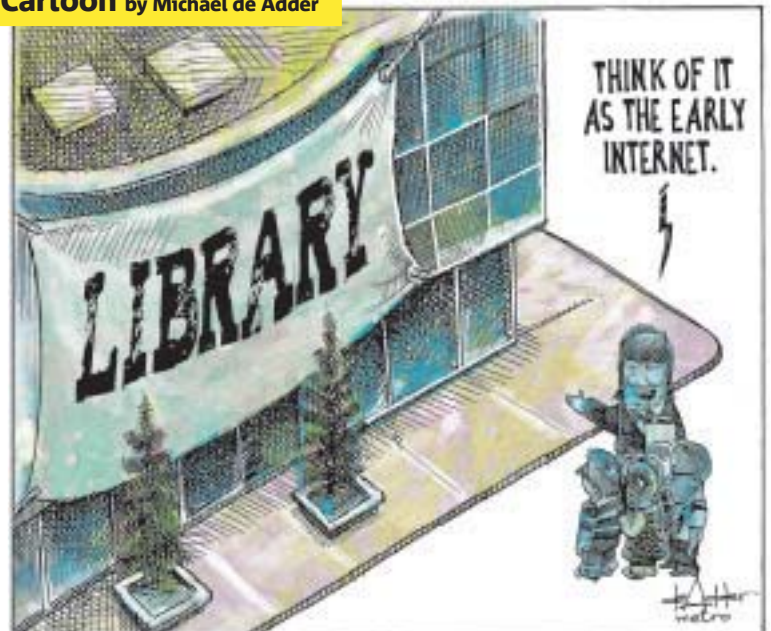
To learn that it was cancelled due to the event being sponsored by a pornography site was quite surprising indeed. It is after all a "sex show." Now, after a little more reading and researching, I learned that a few groups in London are trying to completely abolish pornography in our city. This sent my head for a spin.

There is nothing wrong with sex or the act of it, whether watching it on TV, your computer or having sex with your partner.

For far too long it has been looked upon as a "dirty" act. Welcome to 2011. Sex is all around us. It's not dirty, it's not something to be frowned upon, it's something to get excited about.

KATRINA MCCOMB
LONDON

Cartoon by Michael de Adder



WEIRD NEWS

Mayor sends ex-wife a rock-solid gift

A Quebec mayor could face criminal charges after he delivered an unwelcome birthday present to his ex-wife: A 20-tonne boulder, topped with a pink ribbon, dumped on her front lawn.

Dany Lariviere, mayor of St-Theodore-d'Acton, delivered the not-so-happy birthday gift over the weekend to Isabelle Prevost — from whom he divorced last year after a

decade of marriage.

The giant stone was spray-painted with the message, "Happy birthday, Isa."

Lariviere owns an excavation company. He said he used one of his own front-end loaders to transport the rock.

He jokingly compared it to a giant diamond ring. He said his ex-wife always wanted one, and he described his "present" in one newspaper interview as 18-to-24 "carat-tonnes."

"I brought what we call a big rock to my ex-wife," Lariviere later added in an interview with The Canadian Press.

"I took a rock from one of my quarries and I brought it to her place with a little message and a nice ribbon, just like a real gift."

THE CANADIAN PRESS

Local tweets



► @edjuusola: RIP Shawn Tompkins. Truly one of the

good guys. #ldnont #mma #ufc

► @vikassharma_: @london-library the mango languages site is amazing thanks for showing it, definitely try it out #ldnont

► @JelenaBelieveIt: Who already has tickets to Avicii? I'm thinking of getting mine today/tomorrow. #westernu #UWO's #ldnont

► @kingofkerwood: I think I can use my knees again. (walking from Oxford/Tal-

bot to Cathcart/Langarth, ow) #ldnont

► @derekbjenkins: Fanshawe College, holla if ya hear me.... #CEDP #Fanshawe

► @jaskanhai: I'm sorry, but when did summer end and WHY is it 19 degrees?? #canada #uwo #ldnont

► @julia_turgeon: I just happened to notice that I am wearing all purple today. Shirt, shoes, bag, toenails..I have an obsession. Good thing I'm going to #UWO

► @phelpsby: Homework: Watch #WWE #Raw tonight. Can't wait for Sept 10th when #WWE Raw comes to #LdnOnt at the @JLC! #BackstageBrawler will get answers!

Feature film faceoff

As two Snow White films get ready for release next year, we look back at the box office revenue of other similar projects that were released within months of each other

Movie 'A'

Battle at the OK Corral

Tombstone (Dec. 25, 1993)

Gunslinger and law enforcer Wyatt Earp moves to Tombstone and gets in a gunfight at the O.K. Corral with the outlaw Cowboys.

Stars: Kurt Russell and Val Kilmer.



Movie 'B'

Wyatt Earp (June 24, 1994)

Wyatt Earp becomes a broken-hearted widower and then moves to Tombstone, where as a gunslinger and law enforcer he shoots up the outlaw Cowboys.

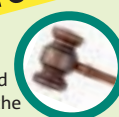
Stars: Kevin Costner, Dennis Quaid and Gene Hackman.



The verdict

First shot wins

Tombstone sold \$57 million at the U.S. box office. Wyatt Earp grossed less than half of that, \$25 million, about six months later.



Fighting in Europe

Rob Roy (April 7, 1995)

The leader of a Scottish clan battles with feudal landowners in the 18th century.

Stars: Liam Neeson and Jessica Lange



Braveheart (May 24, 1995)

A Scottish rebel leads an uprising against English oppressors in the 13th century.

Stars: Mel Gibson

Courage prevails

Rob Roy sold \$59 million worldwide. Braveheart came out less than two months later yet grossed much more, \$204 million.

Eruption of the Volcanoes

Dante's Peak (Feb. 7, 1997)

A dormant volcano in Washington state erupts, endangering a nearby town.

Stars: Pierce Brosnan and Linda Hamilton.



Volcano (April 25, 1997)

A dormant volcano under Los Angeles erupts and rains lava bombs on the city.

Stars: Tommy Lee Jones, Anne Heche and Don Cheadle



Dante delivers

Dante's Peak grossed \$169 million worldwide, while Volcano grossed \$120 million about three months later.

Catastrophic clash

Deep Impact (May 8, 1998)

A comet is on its way to destroy Earth, and 800,000 people are randomly selected to keep the human race alive.

Stars: Robert Duvall, Tea Leoni and Morgan Freeman



Armageddon (July 1, 1998)

An asteroid is on its way to destroy Earth and a team of offshore drillers is sent to plant a nuclear bomb that will knock it off course.

Stars: Bruce Willis, Ben Affleck and Liv Tyler

Low impact

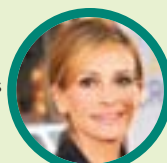
Deep Impact sold \$349 million worldwide and Armageddon grossed \$555 million despite coming out just two months apart.

Tale of a princess

Untitled Snow White Project (March 16, 2012)

An exiled princess enlists seven dwarves to win back her birthright from an evil queen in an adventure comedy.

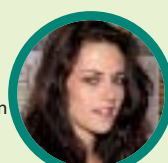
Stars: Julia Roberts and Armie Hammer



Snow White and the Huntsman (June 1, 2012)

An exiled princess trains in the art of war with a huntsman dispatched to kill her and tries to overthrow an evil queen in an epic adventure.

Stars: Kristen Stewart, Chris Hemsworth and Charlize Theron

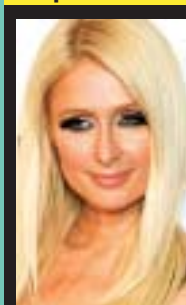


Mirror, mirror

Stay tuned to see which princess finds favour with audiences.

● METRO/THE ASSOCIATED PRESS

Cellphone drama



Paris Hilton has reportedly lost two mobile devices on a flight to the Philippines for a visit to promote a hotel resort.

Television footage showed Hilton combing through a bag looking upset while she was surrounded by airline staff at the Manila airport late Sunday after arriving from Dubai.

Manila radio station DZBB reported that airport and airline authorities are investigating.

In 2005, hackers gained access to Hilton's Sidekick cellphone and famously splashed the private mobile numbers of her celebrity friends online.

THE ASSOCIATED PRESS

Studios take bite from the same apple

Next year, a pair of live-action adventure flicks based on Snow White will come out in theatres just months apart.

The first, still-unnamed Snow White movie is set for release March 16. That gives moviegoers two and a half months before Snow White and the Huntsman on June 1. Executives are confident that both projects can succeed, given their differences in stars, tone and plot.

This cinematic standoff pits a couple of "frenemy" studios against each other — newbie studio Relativity Media and its longtime distribution partner, Universal Pictures.

Since 2005, Relativity had provided financial backing for most of Universal's new movies in a deal that was to last through 2015. But Relativity has been eager to make money from distributing as well.



► Charlize Theron is set to play an evil queen.

So in June, Relativity passed its co-financing deal with Universal to Relativity's financial backer,

Elliott Management. That paved the way for the two studios to compete head to head — Relativity with the unnamed movie and Universal with Huntsman.

"It's the nature of competition. It's the nature of this business," said Tucker Tooley, Relativity's president of worldwide production.

Universal executives declined to comment.

Executives argue that the two Snow White

movies are spaced far enough apart so that advertising one won't inadvertently drive people to the other.

Most movies make 95 per cent of their sales in the first four weeks. So there's plenty of time to get refreshed and go out again.

"Ten weeks in the movie business is a lifetime," said Huntsman producer Joe Roth.

THE ASSOCIATED PRESS



Box set about Presley's breakout year of 1956 to be unveiled during Elvis Week in Memphis

THE ASSOCIATED PRESS

Baby on way for Duff and Canadian hubby



ALL PHOTOS GETTY IMAGES

- Former child star grows up
- Breaks the news on anniversary

Hilary Duff and husband Mike Comrie know how to celebrate an anniversary — by starting a family. The singer and actress took to her official website to announce that she's expecting her first child. "This weekend, Mike and I are celebrating our one year

anniversary," Duff posted. "We also want to share the exciting news that baby makes three! We are extremely happy and ready to start this new chapter of our lives. Thanks to everyone for the continued love and support throughout the years." ● METRO

You did what this weekend?

- Tara Reid announces engagement, marriage, from Greece
- Shares info via Twitter within the span of a day

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► Tara Reid

Tara Reid had a whirlwind weekend in Greece, first announcing via Twitter that she and a man named Zack Kehayov were engaged.

But mere hours later, she updated her status

again. "Just got married in Greece. I love being a wife." Reid was previously engaged to Internet entrepreneur Michael Axtmann, but called it off in April 2010.

● METRO

The London Lightning Fastball Organization is dedicated to providing girls within London and surrounding areas an opportunity to play competitive fastball... in all age categories.

The London Lightning Organization is now accepting applications for coaching staff for the 2012 season.

Go online to register at www.eteamz.com/LondonLightningFastball/

Quick Dish



► Johnny Depp

Remake of Lone Ranger a no-go

SORRY JOHNNY. Looks like Johnny Depp won't be riding off into the sunset in a big-screen remake of *The Lone Ranger*, as Disney reportedly pulled the plug on the film project after producers were unable to bring down the whopping \$250 million budget, according to Deadline. Depp, who was going to play Tonto, is reportedly still optimistic something can be worked out. ● METRO

Celebrity tweets



"I really don't want Bar Rafaeli to get back together with Leonardo diCaprio again if this Blake Lively thing blows over."

@mindykaling

@Jonah Hill



"I'm in London any cool stuff I should do?"

@RitaWilson



"Working vs. tweeting? I forget to tweet when I work!"

@SteveMartinToGo



"Playing computer chess with myself, but finding it hard to climb on desk, straddle monitor and look down."



► Jessica Alba

Stork visits Alba again

Jessica Alba gave birth to her second daughter over the weekend, she announced on Facebook. Haven Garner Warren weighed in at 7 pounds.

"Big sister Honor couldn't be more excited about the new addition to our family," Alba wrote.

"Thank you for all of your support during my pregnancy. It means the

world to me."

Alba previously told Ellen DeGeneres that she'd taken "hypnobirth classes" to prepare for baby No. 2.

"It's not like the clock in front of your face and you go out and you wake up and you got a baby," she joked. "Basically my husband takes me through sort of a meditation. It's not like a weird thing." ● METRO

ISTOCK PHOTOS



► Recent studies have shown that patients who walked shortened their hospital stay by an average of a day and a half.

Walk before you run

► Studies show that patients who are mobile during their hospital visits get released earlier



CELIA MILNE
LIFE@METRONews.ca

When Granny's in hospital, she might recover more quickly if she walks the corridors.

Several studies worldwide have found that elderly patients who are mobile while in hospital get released earlier than

those who stay in bed.

"Walking really does pay off," says Efrat Shadmi, a researcher at Haifa University in Israel and co-author of a new study.

The study involved 485 patients over age 70 who were hospitalized for at least two conditions over two days or more. There were two groups: those who stayed in bed or

"Higher levels of mobility emerges as an important factor associated with shorter length of stay."

DR. ANNA ZISBERG

seated next to their bed, and those who walked around their room and the

hospital ward. The patients who walked shortened their hospital stay by an average of a day and a half.

"Higher levels of mobility emerges as an important factor associated with shorter length of stay," reported Shadmi and colleague Dr. Anna Zisberg in the Archives of Internal Medicine.

Mobility was beneficial for patients regardless of their functional status, age, cognitive ability, sex, and severity of illness.

Older patients might mistakenly believe they are supposed to stay in bed in order to get better.

This is not the case.

They can lose muscle power fast if they don't walk around.

Hospitals



Canadians are more likely to catch a bug while receiving care than people in almost any other affluent country. Here are rates of health care-associated infections, from the World Health Organization:

Canada: 11.6%
U.K.: 9%
Spain: 8.1%
U.S.: 4.5%
France: 4.4%

CELIA MILNE

Want to know if it's a boy or girl?

► Test gives answer with accuracy but raises concerns

Boy or girl? A simple blood test in mothers-to-be can answer that question with surprising accuracy at about seven weeks, a research analysis has found.

Though not widely offered by North American doctors, gender-detecting blood tests have been sold online to consumers for the past few years. Their promises of early and accu-

rate results prompted genetics researchers to take a closer look.

They analyzed 57 published studies of gender testing done in rigorous research or academic settings — though not necessarily the same methods or conditions used by direct-to-consumer firms.

The authors say the results suggest blood tests

like those studied could be a breakthrough for women at risk of having babies with certain diseases, who could avoid invasive procedures if they learned their fetus was a gender not affected by those illnesses.

But the study raises concerns about couples using such tests for gender selection and abortion.

Couples who buy tests



from marketers should be questioned about how they plan to use the re-

sults, the study authors said.

THE ASSOCIATED PRESS



Researchers find new ADHD genes, some also seen in autism, schizophrenia

King of the Pigs (and other delicious home cooking)

► Specializing in Portuguese barbecue, this eatery offers well-priced eats

LUNCH RUSH

PAUL MITCHELL
FOOD@METRONWS.CA



Dining at King of the Pigs is like visiting your parent's

home. They care about their guests and make sure you have your fill of delightful home cooking.

After I slalom past the visitors of Cherryhill Mall to the elegant and modern chicken and rib joint, the friendly and efficient servers seat me to complimentary black olives and fresh soft bread.



► Pork cutlet lunch (\$8.50).

► **King of the Pigs**
301 Oxford St. W. (Cherryhill Village Mall)
519-204-8978
kingofthepigs.ca
Social lunch: Yes
Price range: \$7.99 - \$12.50
Rating: 4 out of 5

Although both eatery locations focus on Portuguese cuisine, the plaza eatery is more sit-down with affordable quarter-chicken (\$8.50), sausage (\$6.00) and baby back pork rib (\$12.50) dinners.

My pork cutlet lunch (\$8.50) is a good helping of two hot chops and lukewarm rice that is nicely prepared in stock for richness. Modestly priced and hearty, it is good but not astounding. Grill marks

and delectable charred fat show it's homemade.

Although the food at the Hamilton Road restaurant is more smoky and authentic, I prefer to dine in the charm of King of the Pigs on Oxford.

THE CANADIAN PRESS/GIBSON & SMITH

Honey Mustard Catch



Expand your child's palate — and satisfy yours — with these delicious haddock sandwiches. They use whole-wheat buns and the fish is baked rather than fried, making it a healthier option.

Preparation:

1 Slice buns in half. Combine ingredients for mayo mixture and spread 15 ml (1 tbsp) on the bottom half of each bun. Place lettuce and haddock on top, then add remaining bun half.

THE CANADIAN PRESS/
HELLMAN'S

Ingredients:

Honey Mustard Catch

- 4 haddock fillets (each 165 g/6 oz), baked
- 4 whole-wheat buns
- 4 large leaves romaine lettuce
- 4 slices (each 30 g/1 oz) low-fat cheddar cheese

Honey Mustard Mayo

- 60 ml (4 tbsp) low-fat mayonnaise-type dressing
- 30 ml (2 tbsp) Dijon mustard or honey mustard
- 30 ml (2 tbsp) honey or agave syrup (if using Dijon mustard)

The joy of ice cream minus the sugar

► This tasty recipe relies on the sweetness of mangos, grapes and bananas rather than artificial sweetener

This ice cream is so healthy that sometimes you can serve it to your

kids for breakfast. You do need a food processor to make this frozen

fruit-based treat, but the result is similar to soft serve. And since it has no

added sugar, you don't feel guilty about letting your kids add candy sprinkles to complete the ice-cream effect.

If you find it too thick, simply add water, orange juice or lemon juice until you get the consistency you want.

Frozen grapes are a great treat on their own, too.

To freeze them, all you have to do is wash fresh grapes and then arrange in an even layer on a baking sheet or pan. Freeze until firm, then transfer to a bag or container for longer storage.

And while not essential, the salt in the recipe goes a long way to heightening the natural sweetness of the fruits.

If you have frozen pop moulds, pour any leftovers into those and freeze for a

MATTHEW MEAD/ THE ASSOCIATED PRESS



► This recipe makes three servings.

great treat for later.

Preparation:

1 In a food processor, combine all ingredients. Process until very smooth, 2 to 3 minutes. You may need to stop and scrape the sides of the bowl once or twice to ensure all of the fruit is processed.

THE ASSOCIATED PRESS

Ingredients:

- 1 bag (284 g/10 oz) frozen mango chunks
- 250 ml (1 cup) frozen red grapes
- 1 banana
- Pinch salt
- 50 ml (1/4 cup) orange juice
- Candy sprinkles (optional)

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CHARLES THE BUTLER



ASKCHARLES
THEBUTLER@
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FOR MORE, VISIT
CHARLES
MACPHERSON.COM

Dear Charles the Butler:
Where is the line between being well mannered, and simply faking it?
Just sayin'

Dear Just Sayin':

What a great question! A well-mannered person always puts themselves in



► Ask yourself: Are you a well-mannered person or do you simply fake it?

someone else's shoes first and never attempts to belittle others or make them feel badly.

One of the absolute golden rules of etiquette is to make others feel good. Someone who is polite and well mannered will always do their best to make others around them feel comfortable, no matter how awkward the situation.

Someone who is false or disingenuous doesn't wor-

ry about others' feelings or making others feel comfortable in social situations.

These people rely on what they see in the movies and on television for their cues to good manners and proper conduct. In practice, however, nothing could be further from the truth!

**HAVE A QUESTION? EMAIL CHARLES AT
ASKCHARLESTHEBUTLER@
METRONEWS.CA.**

IGNORE POP CULTURE: COUGAR IS JUST A WORD

As a woman approaches 40, popular culture begins to get nasty (in all sorts of ways). One particularly galling change is that a 40-ish woman enjoying a night out with the girls suddenly gets labelled a "cougar" and is automatically reduced to a thing of ridicule — regardless of her marital status. I hate that! So my question is, can a woman of a certain age still have fun? If so, how?
Miaow

Claire: Dear Miaow,

I'm going to assume that you and your friends aren't wearing any of the following: Lipliner, spanx (unless it's in the Spanx that nobody can see), Lucite heels, spike heels, anything shorter than two-inches above the knee, animal-print clothing so tight that the seams go white when you sit down.

TWO SISTERS



ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

I'm also assuming you're not showing: The kind of cleavage you can lose your appetizer in, underwear that is visible, or dance moves that involve you spanking yourself.

If these assumptions are correct, my advice is to ignore pop culture.

There is nothing more attractive than a woman who is happy, so if a night out with the girls makes you happy, tell pop culture to stick it where the leopard

ard print don't shine.

Andrea: Dear Miaow, Wait, in your 40s, shouldn't you be sitting at home mending clothes and preparing your hard-working man a steak?

No, you're not, because women broke through that stereotype. That, or you hate sewing.

If you're out with the girls having a blast, what does it matter if you're dubbed a cougar?

Would you prefer Mama Bear? Redwood? MILF?

As long as you see yourself as someone genuinely having fun vs. trying to beat away the aging process by corrupting young bucks, don't worry about the name calling.

Call people out on it when they're being obnoxious.

You're an adult; you can handle it.

Gloria Steinem at 77

"It's shocking, I know," says Gloria Steinem, allowing herself a wry grin.

And for once, the author, activist and feminist icon isn't talking about a case of gender inequity at home or a human rights violation across the globe. This time, she's talking about her age.

Steinem is 77, and most people are even more shocked than she is. Not

only because she looks to be in her 50s, but because she is, in the minds of many, frozen in the 1970s — a tall, slim, striking woman with long streaked hair (it's still streaked, but shorter now) and those big aviator glasses.

But four decades have indeed passed since Steinem helped launch the women's movement. And this summer finds her in a

reflective mode: working on a book about her years on the road — a combination of essays and memoir — and promoting a new documentary celebrating her life. Gloria: In Her Own Words premiered last night on HBO.

Nestled on a couch in her comfortable Manhattan apartment one recent afternoon, Steinem acknowledges that often



► Feminist icon Gloria Steinem

such tributes come at the end of one's life and career — and she has no intention of either ending anytime soon.

But, she says, maybe

this isn't such a bad time to look back a little.

"My hope is, this film will make people think: It's been 30 or 40 years. Where do we want to be

40 years from now?" Besides, she adds: "I want people to realize that if a very imperfect person did this, maybe they can, too!"
THE ASSOCIATED PRESS

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STAY ON COURSE

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA



Investors are feeling vulnerable, but don't let market uncertainty derail your goals.

The best way to calm your investment worries is to focus on your long-term net worth goals. The next best way is to save more. Here are five fundamental money management principles to stick to.

Plan: People don't just stumble upon wealth. They create a plan with timelines to reduce debt and invest in assets.

Get help: Who are you turning to during this financial turmoil? Get professional financial help from a financial advisor. Ask for referrals from friends and interview at least three.

Be frugal: It's never a good time to overspend. With a skittish market, now is really not a good time, as it can lead to job losses and further economic slowdown. Buy only what you need and stick to a budget. If you've got debt, get rid of it fast by setting up automatic payments through online banking, tackle high-interest debt, and pay a little extra on payday — even if it's only \$20.

Invest: If you haven't started investing, get on it! If you have, invest more. Investing early allows compounded interest and reinvested returns to grow your money greater than if you wait until mid-life to start. Stats show we're living longer and the cost of living is increasing. Thus, experts recommend saving 15 to 20 per cent.

Give: Giving doesn't just happen; you have to plan to give. So, build some type of giving into your financial plan.

Please mind the gap, kids

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



Gap years are a terrific experience if you build in money management skills.

I'm a huge fan of gap years for high school graduates. Many parents worry that kids who take a break before going to college or university will come to love the freedom too much to hit the books again.

I say, don't fret. Why? Two words — minimum wage. It takes only a few months for your young adult to grasp the idea that bottom of the barrel income is the norm for those with only a high school diploma.

It's more important than ever before for young

Gap-year goals

A good rule-of-thumb for managing gap-year earnings for not-so-young ones still living at home:

- ▶ 50% allotted to savings
- ▶ 25% for personal use
- ▶ 25% for food and rent
- ▶ Parents should stash the household expense cash away into an education account for use later on.

▶ With savvy planning, taking a gap year before starting college or university can be a terrific way to gain money smarts.



adults to develop money management skills. The 2011 TD Canada Trust Student Finances survey discovered that 58 per cent of post-secondary students are anxious and stressed about their finances.

A gap year is a great way to build financial skills, while setting money aside to reduce reliance on student loans and lines of credit during post-secondary studies at the same time.

Another benefit is that the money saved might mean less need for a part-time job during the school year. Work is a great learning experience but it can also detract from academics and campus life.

This is what the bottom line looks like for a 35-hour week (one full-time or two part-time jobs) at or close to minimum wage for 50 weeks. I've used \$10 an hour, though the provincial rates vary from \$8.80 in

Alberta to \$10.25 in Ontario. This amounts to \$8,750 in savings; \$4,375 for personal spending, and \$4,375 for food and rent.

With the youth unemployment rate ranging from nearly 15 per cent to over 20 per cent it can be difficult for young adults to find full-time work. Even so, help your gap year youngster develop a basic plan for whatever is earned and the savings will be appreciated down the road.

POPQUIZ

What should you do with your tax return money?

A: Hurray! Time for a shopping road trip to the US!

B: Save some, invest some, pay off debts and then reward yourself!

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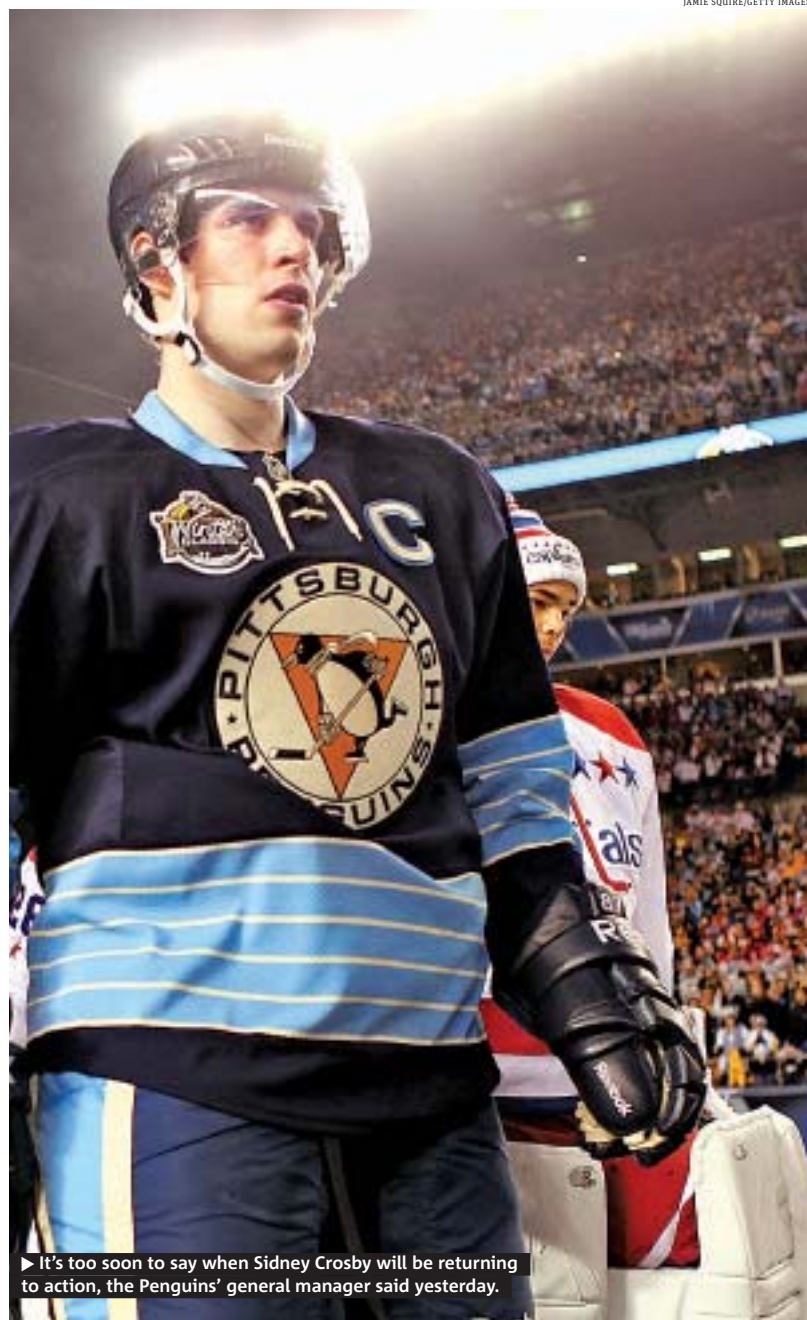
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Crosby won't be rushed



JAMIE SQUIRE/GETTY IMAGES

► Penguins taking cautious approach as their captain continues his recovery from concussion

Sidney Crosby's summer vacation is almost over. Still, there's no telling when the Pittsburgh Penguins star will return to work.

General manager Ray Shero said yesterday the former MVP is still dealing with concussion-like symptoms and it's too soon to know if Crosby will be available when the Penguins open camp next month.

"There's no expectation from me that he won't be ready or he will be ready," Shero said.

Crosby hasn't played in a game since Jan. 5, missing the rest of the regular season and Pittsburgh's first-round playoff loss to Tampa Bay as he slowly recovered from a concussion. He said in April he would be back for training camp, but with about a month to go before the team reports, Shero wouldn't guarantee No. 87 will be in uniform.

The 24-year-old Crosby has spent the summer at home in Nova Scotia working out on his own. Shero doesn't anticipate Crosby returning to Pittsburgh until a week before camp begins. He will undergo a thorough evaluation before he's cleared to participate in full-contact drills.

"He won't be pushed to come back," Shero said.

Though Shero acknowledged Crosby has dealt with lingering symptoms "off and on" over the summer they have not pre-

"I want him to feel good about himself. He'll be back at some point to play hockey."

GENERAL MANAGER RAY SHERO

vented him from shutting down his workout program.

"The good news is he continues to work out, he's worked out hard during the summer," Shero said. "We'll see where we are come training camp."

Coach Dan Bylsma doesn't think the team will need to treat Crosby with kid gloves whenever he's cleared. Bylsma doesn't anticipate holding Crosby out of the pre-season if his superstar has been OK'd by doctors.

"I don't think when Sidney Crosby is healthy and ready to go, he's not going to shy away from contact, nor is he going to shy away from competition," Bylsma said. "It would take quite a bit to keep him out of getting ready for the start of the regular season."

Crosby was in the midst of an MVP-type season before the injury, amassing 66 points (32 goals, 34 assists) in 41 games. He sustained hits in consecutive games in early January before being diagnosed with the concussion. He flirted with returning during the playoffs before a series of setbacks kept him off the ice.

THE ASSOCIATED PRESS

4

sports

Quoted



"I want to keep pitching for the Cubs. It was a moment of frustration Friday night, and I pitched so bad I wanted to retire, you know, I don't want to be making \$18 million and pitch like crap."

CUBS PITCHER CARLOS ZAMBRANO. ZAMBRANO SAYS HE'D LIKE TO PITCH AGAIN FOR CHICAGO AND WAS SIMPLY FRUSTRATED WHEN HE TOLD CLUB PERSONNEL HE WANTED TO RETIRE AFTER HIS MOST RECENT START.



Scan code for more sports news.

Young traded to Tigers

Delmon Young found out he was traded from Minnesota to Detroit, hours before the Twins were scheduled to play the Tigers.

With no better way to travel to the ballpark, he hitched a ride on the team bus with what was by then his former club.

"I'm not going to sit in

a 30-minute cab ride," Young said. "Now, I think it would be awkward if I took the team bus back."

The Tigers are the latest team hoping Young can finally live up to expectations — and he got off to a fine start last night, hitting a 3-1 pitch from Francisco Liriano over the left-field fence for a home

run in his first Detroit at-bat.

Once one of baseball's top prospects, Young was traded yesterday for a minor league pitcher and a player to be named. Detroit immediately put the former No. 1 draft pick in the lineup, batting third and playing left field.

THE ASSOCIATED PRESS

Sports in brief

Fabregas joins Barcelona

SOCCER. Cesc Fabregas' transfer to Barcelona is complete after the Spain midfielder signed a five-year contract on yesterday. Barcelona said it paid 29 million euros (\$42 million) to Arsenal

with extra variables set to take the figure to 39 million euros (\$56 million).

THE ASSOCIATED PRESS

Delay on Astros vote

MLB. Major League Baseball postponed a vote to approve the proposed sale of the Houston Astros from Drayton McLane to Jim Crane.

THE ASSOCIATED PRESS



► Mixed martial arts coach Shawn Tompkins, left, with UFC fighter, and Thamesford native, Mark Hominick, centre and manager/promoter Robert Roveta at Wanderlei Silva's 35th birthday celebration on July 2nd in Las Vegas.

Renowned MMA trainer Tompkins dead at 37

► London native helped develop some of Canada's top fighters

Shawn Tompkins, a beloved mixed martial arts coach who worked with some of the biggest names in the business, died Sunday morning. He was 37.

His death was confirmed by his manager Gary Ibarra.

A former Muay Thai fighter in his own right, the native of London became a highly regarded MMA trainer and worked out of the Tapout Gym in Las Vegas.

"That was my go-to guy every time I went to Vegas," said Donald (Cowboy) Cerrone after his win at UFC Live 5 in Milwaukee

"Shawn was a mentor and coach to many of us in the MMA world. He will be sorely missed!!!"

UFC LEGEND RANDY COUTURE'S TWITTER RESPONSE TO SHAWN TOMPKINS' DEATH

on Sunday.

"I fought his guys a lot, and I would go to Vegas and call Shawn and be like, 'Yo, can we hit at (9 a.m.) tomorrow morning?' He'd say, 'Anything for you, bro.' He was always there for me, and for the sport, he's helped out a lot of people, and he's been there for everybody."

Tompkins was responsible for the development of some of Canada's most

prominent fighters, including Sam (Hands of Stone) Stout, Thamesford's Mark (The Machine) Hominick and Chris (The Polish Hammer) Horodecki. He was married to Stout's sister Emilie.

"Obviously, he's helped produce some great fighters and some very exciting fighters," Chris Lytle said after his main-event win over Dan Hardy. "It kind of puts into perspective

what's important. He's a great guy who helped do a lot for the sport, and all of a sudden he's not with us anymore. That means a lot to me."

Tompkins first started coaching in MMA in 2007 with the Los Angeles Anacostas of the defunct International Fight League. He then worked as a striking coach at MMA star Randy Couture's Xtreme Couture gym in Las Vegas.

At Xtreme Couture, Tompkins worked with former champions Wanderlei Silva and Vitor Belfort.

THE CANADIAN PRESS

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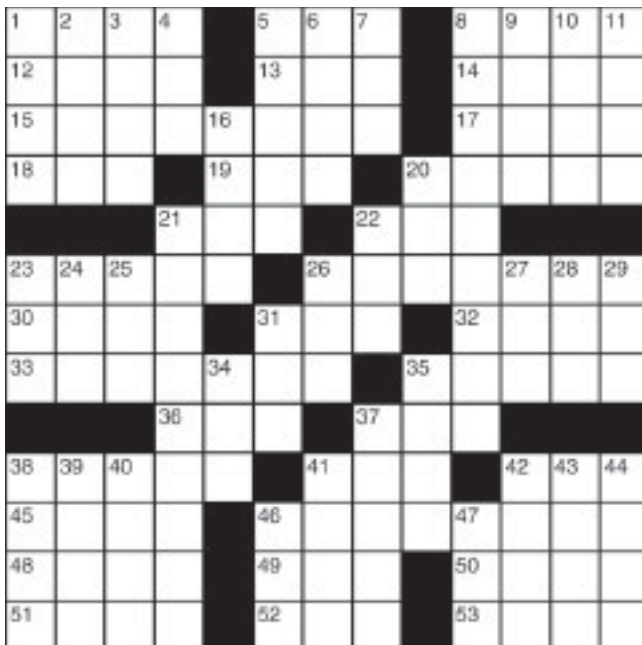


Crossword

Across

- 1 Birthday party high-light
5 Witty one
8 Cotillion VIPs
12 Elliptical
13 Ram's mate
14 — podrida
15 Attendance check
17 King of the jungle
18 Away from WSW
19 Day divs.
20 Roulette bet
21 Remuneration
22 Japanese theater
23 Monastery head
26 Shoulder-borne rocket launcher
30 False god
31 Insect
32 "Once — a time..."
33 Recorded a score, with "up"
35 Ancient port on the Tiber
36 Can metal
37 Exist
38 Place
41 By way of
42 Tackle the slopes
45 Bobcat
46 Highway with booths, e.g.
48 Tom Joad, for one
49 Noshed
50 Ringlet
51 Marries
52 Founda-tion
53 Wartime partner

- Down**
1 Apple's centre
2 Shakespeare's river
3 Hardy cabbage
4 Right angle
5 Tired
6 Piercing tools
7 Solidify
8 Home for Barbie, maybe
9 Director Kazan
10 United nations
11 Fell prey to quicksand
16 Conversation
20 Dickens pseudo-onym
21 Electorate's levies
22 Gripe repeatedly
23 "Wipeout" network
24 "Humbug!"
25 Sheepish remark?
26 Pal
27 Choose (for)
28 Japanese pond fish
29 Literary collection
31 QB Roethlisberger
34 Child
35 Verbal
37 Wasn't well
38 Decelerate
39 Youngster
40 Author Bagnold
41 Mark a ballot
42 Music category
43 Malden or Marx



- 44 Without acting
46 Bill
47 Nipper's co.

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

I love you more than anything in this world. You are the sexiest person I have ever met. You are my soul mate. Please come back so that we can enjoy happiness forever. **AER**

Big Irish, you are the sexiest man I have ever met, and are the best thing to ever happen to me. I love you and am lucky to be with you. I cherish every moment that we are together and I miss you so much while your working. **BOOBBOO**

Melanie, thank you for making my birthday such a special occasion. You are truly unique and I will forever cherish the thoughtfulness. When I looked in your eyes I felt a connection, even though we hadn't known each other for long. Kisses from your favourite Newfoundlander... **MARK**

Today's horoscope

♈ Aries March 21-April 20 You have a right to express your opinions, even if they offend people who disagree with your outlook on life.

♉ Taurus April 21-May 21 Anything you do on impulse today will most likely work out quite well, especially on the work front.

♊ Gemini May 22-June 21 A small sacrifice now could lead to big gains later on, so make the effort.

♋ Cancer June 22-July 22 When it comes to the real world, courage and confidence mean more than

bits of paper.

♌ Leo July 23-Aug. 23 What you get today may not be what you think you deserve but it is exactly what you need, so don't make a fuss.

♍ Virgo Aug. 24- Sept. 22 You are getting bogged down in trivia and need to stand back from what you are doing and see it in a wider context.

♎ Libra Sept. 23-Oct. 23 Enjoy life's contrasts today.

♏ Scorpio Oct. 24-Nov. 22 An opportunity will arise today that demands an instant and emphatic

For today's crossword answers and for expanded horoscopes, go to metronews.ca response.

♐ Sagittarius Nov. 23-Dec. 21 Everyone will be astonished by your bravery today.

♑ Capricorn Dec. 22-Jan. 20 Stick to your high standards today no matter how hard certain people try to persuade you to sell out.

♒ Aquarius Jan. 21-Feb. 18 Whatever you choose to do, partners and loved ones will back you up 100 per cent.

♓ Pisces Feb. 19-March 20. If you hesitate you could miss out on something spectacular.

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Caption contest



"Sideways world isn't as fun as I thought!"
MITCHELL



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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Traveller's spirit and Scotiabank support help Shanghai native start Canadian journey

As the operator of a Shanghai travel agency, Yuxiang Zhang had a love of travel that he put to the test when he decided to move to Canada. But when he faced worries about this colossal trip, he discovered how Scotiabank's multinational team and services can provide a smooth landing.

Mr. Zhang's personal journey began after he visited Becky, his only daughter, who had immigrated to Canada in 1999. Seeing how she was enjoying her life in a friendly, multicultural country, he decided to become a family class immigrant.

"I was excited to join my daughter, but I was also unsure about the details, such as how would I move forward without speaking English?" says Mr. Zhang, who also wondered about practical issues such as the process to transfer money to a Canadian bank.

Fortunately, Becky convinced him to attend an immigration seminar in Shanghai, hosted by Scotiabank and The Cross-Cultural Community Services Association, where Bank officials answered every question, ranging from the Canadian job market to government services. He also learned about the **Scotiabank StartRight®** Program¹ for Newcomers, which includes a free day-to-day bank account for one year², a wide range of VISA[®] card options³ and a number of other customized services and benefits.

"Before the seminar, I was very worried, but afterwards I felt relieved, and it gave me the courage to move forward," recounts Mr. Zhang, who arranged for his Canadian and U.S. dollar bank accounts with Scotiabank, and applied for a credit card, while still in Shanghai, through the Bank's partnership with China Everbright Bank.

After landing in Toronto in late 2009, Mr. Zhang went alone to the Scotiabank branch at the Steeles & Silverstar location to activate his accounts. Speaking only Mandarin and Russian, he wasn't sure how things would go. Luckily, he was greeted by Isa Ho, Branch Manager, and her multilingual staff. "Surprisingly, it went well, and my accounts and debit card were ready, and my VISA[®] card came within a week," marvels Mr. Zhang.

Isa, a Canadian immigrant who speaks both Cantonese and Mandarin, is well prepared to serve newcomers. She often calls them long distance before they move, to help them prepare. "I tell them about banking options and what are the best schools for their kids," says Isa, a 31-year veteran of Scotiabank, who still remembers seeing donuts for the first time when she arrived. "When they get here, we answer their questions about Canadian customs, and explain about banking in Canada. Also, since many newcomers want to buy

a home, we educate them on Canadian mortgages and how to avoid credit mistakes."

Today, Mr. Zhang is enjoying life in Canada, studying English and preparing to start a tour business for both Chinese and Canadian travellers. During an upcoming visit to China, he will tell others about the opportunities in Canada and "the friendly, open and trustworthy service I experience at Scotiabank."

That's good news for Isa Ho who teaches her Scotiabank team to "Welcome every newcomer with a smile, speak their language, and serve them with our hearts."

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With the support of Scotiabank's Isa Ho, Mr. Yuxiang Zhang is discovering a world of opportunities in Canada.



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